

Farah Allouch, PhD, MPH

Assistant Professor of Epidemiology & Medicine
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APPOINTMENTS

Research Assistant Professor

Aug 2024–present

Department of Epidemiology

Tulane Celia Scott Weatherhead School of Public Health and Tropical Medicine
New Orleans, Louisiana

Adjunct Assistant Professor

May 2026–present

Department of Cardiology

Tulane University School of Medicine
New Orleans, Louisiana

EDUCATION

Tulane University

Doctor of Philosophy | Epidemiology

Aug 2024

Advisor: Jiang He, MD, PhD, FAHA, FACE

University of California, Berkeley

Master of Public Health | Epidemiology and Biostatistics

May 2020

Advisor: Ellen Eisen, ScD

American University of Beirut, Lebanon

May 2018

Bachelor of Science | Biology, with distinction

RESEARCH

Cardiovascular disease, artificial intelligence, hypertension, clinical trials, community-based interventions implementation science, social determinants of health, health disparities

AWARDS

1. Delta Omega Best Dissertation Award *Apr 2025*
2. Tulane Dorothy LeBlanc Memorial Scholarship Award *Mar 2025*
“Recognizes potential for an outstanding and distinguished research career in epidemiology”
3. American Heart Association Award for Excellence in Research Addressing Cardiovascular Health Equity *Mar 2025*
4. Delta Omega National Honorary Society in Public Health *Mar 2025*
5. National Heart, Lung, and Blood Institute Early Career Investigator Impact Award *Dec 2024*
“Recognizes early-career contributions to advancing late-stage translational research”
6. [Tulane 34 Award](#) *May 2024*
“Presented to distinguished graduates for exemplary leadership, service, and academic excellence”
7. [Finalist, American Heart Association Jeremiah and Rose Stamler Research Award](#) *Feb 2023*
“Recognizes excellence in research by investigators in training”
8. Tulane Epidemiology Departmental Scholarship *Aug 2021–May 2023*
9. RStudio Outstanding Scholar *Jul 2022*
10. [University of California, Berkeley Outstanding Teaching Assistant Award](#) *Mar 2020*
11. [American University of Beirut Usama Al-Khalidi Award](#) *May 2017*
“Presented to outstanding graduates for their academic excellence, commitment to community service, and passion for the arts”

12. American University of Beirut Dean's Honor List

Aug 2014–May 2017

CURRENT
GRANTS

- 2026-2027 *Heartline: A Hybrid AI-Community Health Worker Model for Cardiovascular and Mental Health*
Role: Principal Investigator
Funding Source: Tulane University
Funding Level: \$49,750
Objectives: To develop a retrieval augmented generation- (RAG-) natural language model for cardiovascular and mental health and iteratively test output with community partners.
- 2026-2027 *Heartline: A Hybrid AI-Community Health Worker Model for Cardiovascular and Mental Health*
Role: Principal Investigator
Funding Source: Lavin-Bernick Foundation
Funding Level: \$9,500
Objectives: To conduct community-based focus group sessions and surveys for a user-centered design of the *Heartline* chatbot.
- 2024-2027 Research Startup Funding
Role: Principal Investigator
Funding Source: Tulane University
- 2020-2027 Community Health Worker-Led Church-Based Intervention for Eliminating Cardiovascular Health Disparities in African Americans (CHERISH)
Role: Co-investigator
Funding Source: NIH (UH3HL151309)
Funding Level: \$5,190,870
Objectives: To test whether a multi-faceted team-based implementation strategy for applying the 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease will reduce cardiovascular health disparities in African Americans in New Orleans.
- 2016-2027 Tulane COBRE for Clinical and Translational Research in Cardiometabolic Diseases
Role: Co-investigator
Funding Source: NIH (P20GM109036)
Funding Level: \$11,282,578
Objectives: To increase the quality and quantity of clinical, translational and implementation research in cardiometabolic diseases at Tulane University. This objective will be achieved by establishing a Center of Excellence for Clinical, Translational and Implementation Research in Cardiometabolic Diseases at Tulane University; developing and nurturing successful competitive independent investigators in clinical, translational and implementation research; motivating and facilitating multidisciplinary and interdisciplinary interaction and collaboration in the area of cardiometabolic disease research; and building and expanding the clinical and community-based research infrastructure at Tulane University and in Louisiana.
- 2024-2027 Lipoprotein(a) in a community-based sample of predominantly Black adults
Role: Co-investigator
Funding Source: Amgen Inc.

Funding Level: \$105,152

Period of Support: 07/2024-08/2027

Objectives: To collect Lipoprotein(a) from a community-based sample of predominantly Black adults in New Orleans, Louisiana

- 2020-2026 Implementing and Scaling Up a Team-based Care Strategy for Hypertension Control in Colombia and Jamaica (CATCH)
Role: Co-investigator
Funding Source: NIH (UG3HL152373)
Funding Level: \$6,030,620
Objectives: To test implementation and effectiveness outcomes of implementing and scaling up a team-based care strategy for hypertension control in Colombia and Jamaica. This study will identify effective, equitable, and sustainable strategies to achieve hypertension control in routine clinical settings and reduce cardiovascular risk in the general population of Latin America and the Caribbean, as well as other low- and middle-income countries.
- 2022-2027 Church Wellness Coordinator-led Intervention to Improve Hypertension Control in the Black Community (BLESSED)
Role: Co-investigator
Funding Source: NIH (R01MD018193)
Funding Level: \$7,554,261
Objectives: To test the effectiveness, implementation, and sustainability of a non-physician-led multifaceted intervention compared to enhanced usual care on hypertension control in Black communities. This study will generate evidence on an effective, scalable, and sustainable strategy for eliminating hypertension disparities in Black communities.

PREVIOUS GRANTS

- 2017-2022 Dissemination and Implementation of the SPRINT Study Findings in Underserved Populations (IMPACTS-BP)
Role: Research Associate
Funding Source: NHLBI, NIH (R01HL133790)
Funding Level: \$6,289,530
Objectives: To conduct an effectiveness-implementation hybrid trial to simultaneously test the effectiveness of a multicomponent intervention for more intensive blood pressure treatment and the feasibility, fidelity, and sustainability of implementing the intervention in underserved patients with hypertension and at high risk for cardiovascular disease in Louisiana.
- 2020-2025 Effectiveness of Implementing an Intensive Blood Pressure Reduction Intervention on Cognitive Decline in Low-income and Minority Hypertensive Patients (IMPACTS-MIND)
Role: Research Associate
Funding Source: NIH (5R33AG068481)
Funding Level: \$5,754,183
Objectives: To test the effectiveness of a multifaceted strategy for implementing an intensive blood pressure intervention protocol targeting systolic blood pressure <120 mmHg on cognitive decline in racial minority and low-income hypertensive patients in primary care. The study will generate urgently needed data on effective, adoptable, and equitable intervention strategies to reduce blood pressure-related cognitive decline in low-income and minority populations.

- 2018-2023 Effect of an Intensive Nurse Home Visiting Program on Adverse Birth Outcomes in a Medicaid-Eligible Population
Role: Research Associate
Funding Source: Children’s Trust of South Carolina, Arnold Ventures, The Duke Endowment, BlueCross BlueShield Foundation of South Carolina, and J-PAL North America Health Care Delivery Initiative
Objectives: To determine the effect of an intensive nurse home visiting program on a composite outcome of preterm birth, low birth weight, small for gestational age, or perinatal mortality.

IN THE NEWS

- [Tulane University researcher advances cardiovascular disease prevention through AI and community-based care](#); *Tulane Connolly Alexander Institute for Data Science* Apr 2026
- [The Healthy Gospel: Study Reveals How Religious Beliefs Influence Health Behaviors](#); *The Atlanta Voice* Jan 2024
- [Three of Five Finalists Slots for Major Heart Award go to Tulane](#); *Tulane Today* Apr 2023
- [AHA News: For Black Churchgoers in New Orleans, Religious Beliefs May Influence Health Behaviors](#); *U.S. News & World Report* Mar 2023
- [Tulane Students and Mentor Investigate Racial Health Disparities](#); *Tulane Today* Feb 2023

PUBLICATIONS

1. **Allouch, F.,** & Mills, K. T. (2024). Identifying groups with the greatest need for interventions to improve wellbeing. *The Lancet*. (comment)
2. **Allouch, F.,** Mills, K. T., Laurent, J., Alvarado, F., Gustat, J., He, H., ... & Ferdinand, K. C. (2023). Perceived Religious Influence on Health Is Associated with Beneficial Health Behaviors in Members of Predominantly Black Churches. *Ethnicity and Disease*, (Special Issue), 81-88.
3. **Allouch, F.,** Burwick, R., Gupta, M., Bartal, M. F., Bicocca, M. J., Chauhan, S. P., & Wagner, S. (2023). The association between maternal insurance status on maternal and neonatal outcomes in women with hypertensive disorders of pregnancy. *Journal of Human Hypertension*, 1-6.
4. **Allouch, F.,** Chen, K. T., Lutzker, L., Costello, S., Picciotto, S., & Eisen, E. A. (2021). Racial disparities in alcohol-related liver disease mortality in a 75 year follow-up study of Michigan autoworkers. *SSM-Population Health*, 100886.
5. Mills, K. T., Krousel-Wood, M., Peacock, E. M., Chen, J., **Allouch, F.,** Carreras, A. K., ... & He, J. (2026). Multifaceted strategies for hypertension control in low-income patients. *New England Journal of Medicine*, 394(14), 1376-1387.
6. McConnell, M. A., Rokicki, S., Ayers, S., **Allouch, F.,** Perreault, N., Gourevitch, R. A., ... & Baicker, K. (2022). Effect of an intensive nurse home visiting program on adverse birth outcomes in a Medicaid-eligible population: a randomized clinical trial. *JAMA*, 328(1), 27-37.
7. O’Connell, S. S., Whelton, P. K., Li, F., **Allouch, F.,** Shapiro, L., Vandenburg, M., ... & Mills, K. T. (2026). Global hypertension 2000 to 2020: trends, disparities, and progress in awareness, treatment, and control. *JACC*.
8. El Sheikh, W. G., Abou-Abbass, H., Bizri, M., Tamim, H., Karout, L., **Allouch, F.,** ... & Kobeissy, F. (2025). The impact of posttraumatic stress disorder and head injury on reactive and appetitive aggression in adult Syrian refugees in Lebanon. *Psychological Trauma: Theory, Research, Practice, and Policy*.
9. Abou-Abbass, H., El Sheikh, W. G., Bizri, M., Tamim, H., Al-Hajj, S., Karout, L., **Allouch, F.,** ... & Kobeissy, F. (2024). Cultural assimilation of adult Syrian refugees in Lebanon: Effect modification by religiosity and sex on the relation between cultural adversities and common mental health disorders. *Psychological Trauma: Theory, Research, Practice, and Policy*.
10. Alvarado, F., **Allouch, F.,** Laurent, J., Chen, J., Bundy, J. D., Gustat, J., ... & He, J. (2024). Neighborhood-level Social Determinants of Health and Cardioprotective Behaviors among Church Members in New Orleans, Louisiana. *The American Journal of the Medical Sciences*.

11. Mills, K. T., Laurent, J., **Allouch, F.**, Payne, M. J., Gustat, J., He, H., ... & He, J. (2023). Engaging Predominantly Black Churches in an Intervention to Improve Cardiovascular Health and Reduce Racial Inequities. *Ethnicity and Disease*, (Special Issue), 89-95.
12. Alvarado, F., Hercules, A., Wanigatunga, M., Laurent, J., Payne, M., **Allouch, F.**, ... & Ferdinand, K. C. (2023). Influence of neighborhood-level social determinants of health on a heart-healthy lifestyle among black church members: A mixed-methods study. *American Heart Journal Plus: Cardiology Research and Practice*, 100273.
13. Abouhala, S., Hamidaddin, A., Taye, M., Glass, D. J., Zaniel, N., Hammood, **Allouch, F.**, & Abuelezzam, N. N. (2021). A National Survey Assessing COVID-19 Vaccine Hesitancy Among Arab Americans. *Journal of Racial and Ethnic Health Disparities*, 1-9.
14. El Hayek, S., **Allouch, F.**, Razafsha, M., Talih, F., Gold, M. S., Wang, K. K., & Kobeissy, F. (2020). Traumatic brain injury and methamphetamine: A double-hit neurological insult. *Journal of the neurological sciences*, 411, 116711.
15. El Hayek, S., **Allouch, F.**, Geagea, L., & Talih, F. (2019). Interleukin-2 and the Septohippocampal System: an update on intrinsic actions and autoimmune processes relevant to neuropsychiatric disorders. *Psychiatric Disorders: Methods and Protocols*, 511-530.

PRESENTATIONS

1. “Study Recruitment Creative Methods Overview”, Louisiana Clinical and Translational Science Center (LA CaTS) Level I Coordinator Training 2026, New Orleans, Louisiana Jan 2026
2. **Excellence in Research Addressing Cardiovascular Health Equity Award Presentation:** “The Effectiveness of a Community Health Worker-Led Intensive Blood Pressure Intervention on Coronary Heart Disease and Heart Failure”, American Heart Association EPI | Lifestyle Scientific Sessions 2025, New Orleans, Louisiana Mar 2025
3. “The Effectiveness of a Community Health Worker-Led Intensive Blood Pressure Intervention on Stroke”, American Heart Association International Stroke Conference 2025, Los Angeles, California Feb 2025
4. “Long-Term Effectiveness of a Community Health Worker-Led Blood Pressure Intervention on Cardiovascular Disease and Mortality” (*moderated poster*), American Heart Association Scientific Sessions 2024, Chicago, Illinois Nov 2024
5. “Effectiveness of Intensive Blood Pressure Control on Cardiovascular Disease in Diabetes: A Subgroup Analysis of the China Rural Hypertension Control Project” (*moderated poster*), American Heart Association Scientific Sessions 2024, Chicago, Illinois Nov 2024
6. “Antihypertensive Medication Adherence and Blood Pressure Control in the IMPACTS-BP Trial”, Community Health Center Association of Mississippi Annual Conference 2024, Biloxi, Mississippi Sep 2024
7. “Perceived Religious Influence on Hypertension Management and Hypertension-Related Beliefs and Behaviors in Jamaica and Colombia”, CATCH Steering Committee Meeting, Miami, Florida Sep 2024
8. “EPIS Framework in the CATCH study”, Global Alliance for Chronic Diseases (GACD) Mid-Year Workshop 2024 (*virtual*) Jun 2024
9. “Non-Physician Led Implementation Trials and the Epidemiology of Cardiovascular Disease Risk”, Juraschek Research Group meeting at the Harvard Beth Israel Deaconess Medical Center (*virtual*) May 2024
10. “Proportion of All-Cause and Cardiovascular Disease Mortality Attributable to Social, Behavioral, Psychological, and Metabolic Risk Factors in US Adults” (*moderated poster*), American Heart Association EPI | Lifestyle Scientific Sessions 2024, Chicago, Illinois Mar 2024
11. “Updates from the CATCH Study”, Global Alliance for Chronic Diseases (GACD) Annual Meeting 2023 (*virtual*) Nov 2023
12. “Recruitment, Intervention Monitoring, and Data Quality in the CATCH Study”, CATCH In-Person Steering Committee Meeting, Miami, Florida Oct 2023
13. “Perceived Religious Influence on Health Behaviors and Cardiovascular Risks within Predominantly Black Churches in New Orleans, Louisiana”, Disparities Elimination through

- Coordinated Interventions to Prevent and Control Heart and Lung Disease Risk (DECIPHeR)
Steering Committee Meeting, Denver, Colorado *Jun 2023*
14. **Jeremiah and Rose Stamler Research Award Presentation:** “A Two-Question Medication Adherence Scale Predicts Blood Pressure Control in the US, Guatemala, and China”, American Heart Association EPI | Lifestyle Scientific Sessions 2023, Boston, Massachusetts *Mar 2023*

PRESENTATIONS TO NON-EXPERTS

1. “Research Resilience: Navigating the Road to Publication”, Albert Schweitzer Fellows meeting
(virtual) *Nov 2025*
2. “Recruitment, Intervention Monitoring, and Retention in the CHERISH Study”, CHERISH Church Leadership Luncheon, New Orleans, Louisiana *Oct 2025*
3. “CHERISH, BLESSED, and Opportunities to Participate in Health Research”, St. Luke African Methodist Episcopal (AME) Church, New Orleans, Louisiana *Mar 2025*
4. “Healthier You Forum”, United Fellowship Full Gospel Baptist Church, New Orleans, Louisiana *Jan 2025*
5. “Church-based Health Intervention to Eliminate Racial Inequalities in Cardiovascular Health (CHERISH) and our potential for collaboration”, Touro Hospital Community Benefit Committee, New Orleans, Louisiana *Jan 2025*
6. “The Importance of Community-Based Implementation Research in Cardiovascular Disease”, CHERISH Staff Retreat, New Orleans, Louisiana *Dec 2024*
7. “Church-based Health Intervention to Eliminate Racial Inequalities in Cardiovascular Health (CHERISH) and our potential for collaboration”, Tulane University Freeman School of Business, New Orleans, Louisiana *Dec 2024*
8. “Recruitment, Intervention Monitoring, and Data Quality in the CHERISH Study”, CHERISH Church Leadership Luncheon, New Orleans, Louisiana *Sep 2024*

SERVICE

School-wide:

- Member, Student Grievance Committee, Tulane University *Aug 2024–present*
- Member, Committee on International Health and Humanitarian Crises, Tulane University *Aug 2024–present*
- Student Representative, Epidemiology Chair Search Committee, Tulane University *May 2023–Aug 2024*
- Member, Dean’s Student Advisory Council, Tulane University *Sep 2022–May 2023*
- Member, Public Health Doctoral Students, Tulane University *Sep 2021–May 2022*
- President, Biology Student Society, American University of Beirut *Aug 2016–May 2017*

External:

- Abstract Reviewer, EPI | Lifestyle Scientific Sessions, American Heart Association *Nov 2024*
- Session Moderator, Hypertension Scientific Sessions, American Heart Association *Sep 2024*

PEER REVIEW

- Nature Communications (2026)
- Frontiers in Public Health (2025)
- Journal of the American Heart Association (2024–2026)
- American Journal of Preventive Cardiology (2024–2026)
- American Heart Journal Plus: Cardiology Research and Practice (2024)
- Journal of Epidemiology and Community Health (2022)

TEACHING

Courses:

- SPHL 6060: Epidemiology for Public Health; graduate-level Spring 2026

Certificates:

- “Teaching Online: Course Design, Delivery, and Teaching Presence”; University of Nebraska College of Public Health Oct–Nov 2024

Guest lectures:

- “Smoking and Cardiovascular Diseases”; Cardiovascular Disease Epidemiology, Masters-level Mar 2026
- “Addressing Racial and Geographical Disparities in Cardiovascular Disease: the CHERISH Trial”; Foundations of Epidemiology, Undergraduate level Mar 2025
Oct 2025
- “Hybrid Effectiveness-Implementation Trials”; Clinical Trials: Design, Conduct & Interpretation, Doctoral-level Mar 2025
Feb 2026
- “Research in Practice”; Foundations of Epidemiology, Undergraduate-level Oct 2024
Oct 2025
- “Advanced Article Critique”; Doctoral Journal Club, Doctoral-level Oct 2024
Oct 2025
Jan 2026
- “Scientific Article Critique”; Epidemiologic Methods II, Doctoral-level Sep 2022
- “Cohort Studies”; Epidemiology for Public Health, Masters-level Mar 2022

Teaching Assistantships:

- Epidemiologic Methods II; Doctoral-level Fall 2022
- Epidemiology for Public Health; Masters-level Spring 2022
Fall 2023
- General Biology; Undergraduate-level Fall 2018
Spring 2019
Fall 2019
Spring 2020

TRAININGS & WORKSHOPS

- University of Alabama at Birmingham Grant Writing Intensive Program (GRIT) Feb–Jun 2026
- Tulane University Faculty Institute on Community-Engaged Research Nov–Dec 2025
- Grant Writers’ Seminars and Workshop: Writing Winning Grant Proposals May 2025
- University of Colorado at Denver: Dissemination and Implementation Science for Researchers Workshop Apr 2025
- American Heart Association: “Get with the Guidelines” Data Bootcamp Jan–Feb 2025
- University of Alabama at Birmingham: Clinical & Translational Science Training Program Jan–Jun 2025
- Abdul Latif Jameel Poverty Action Lab (J-PAL): Research Staff Training Oct–Dec 2020

Skills:

- Analysis: R, Stata, SPSS, SAS, ArcGIS, Excel
- Reference management: Zotero, RefWorks, EndNote
- Languages: English (fluent), Arabic (fluent), and French (intermediate)